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AND HE AND THE BAND DO A WICKED CAT SCRATCH FEVER. MARK YOUR CALENDAR — THE AMAZING ACRO-CATS ARE COMING TO TOWN

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Just call him Mr. Turf Guy

The Mustangs' sophomore quarterback Will Finch could be the next big thing in Canadian football PAGE 15

NEWS WORTH SHARING.

Jane Peacock, 24, of London, with her daughters Mariah Baillie, 8, and Brooklyn, 4. On a recent LTC ride, Peacock was shocked to see her youngest daughter holding a needle that she found next to her seat. MARK SPOWART/FOR METRO

Four-year-old finds needle on LTC bus

Mother is in shock. But transit commission says it follows strict protocols

MARK SPOWART
london@metronews.ca

What started as a regular bus ride for Jane Peacock and her family quickly turned into a nightmare when her four-year-old daughter came running to her holding a needle.

"We had just boarded the No. 16 (Adelaide) bus and my daughter ran to the back seat. She then quickly turned and came running back to me, holding a syringe with a needle attached that she found next to her seat," Peacock said.

Peacock immediately notified the driver, who took the needle and made arrangements to have it removed from the bus. She later took her daughter to the doctor to ensure she was not exposed to any biohazards. "I wanted to get her tested. There could have been blood on it."

Shocked as she was by her daughter's discovery, Peacock was even more shocked by the response from the London Transit Commission. "It really felt like they wanted to hush me," she said. "They called me the next day and said, 'You have done all you can do. You have made a report,' and that was it."

Metro also sought a reaction from the bus company.

"We maybe receive a dozen of these type of reports each year," said general manager Larry Ducharme, adding the LTC has more than 23 million rides on its buses each year.

"If a needle or what we call biohazards are found on a bus, we have a very strict protocol that we follow.

"The operator will secure the area and make arrangements to meet with a supervisor, who will remove the item as per our health and safety guidelines. If we cannot remove the item, then we will switch all the passengers to another bus," Ducharme said.

While LTC buses are equipped with surveillance cameras, the likelihood of being able to identify a person is small. Besides, "using a needle is not a crime," said Ken Steeves of the London Police Service.

"There is nothing illegal in using a needle. What makes it illegal is the substance inside the syringe," he said. "It is definitely a safety risk to anyone who may have been exposed to it, and that is why we tell kids in our public-safety message not to touch them, to tell an adult and let them deal with it.

"People who do use needles should be more responsible."

The bigger picture

12

Of 23.5 million rides each year, LTC says it receives 12 reports for this type of occurrence.

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NEWS 1

Patio problem? Here's why music is banned

Calling the tune. There's one rule for some, another rule for the rest

SCOTT TAYLOR
scott.taylor@metronews.ca

Rocking after midnight: Jack Astor's patio on Richmond Row. SCOTT TAYLOR/METRO

You can rock the park, but you can't rock the casbah if you're doing it on an outdoor patio in London.

Well, in some places, at least.

Other establishments, such as the Ceeps and Jack Astor's on Richmond Row, for example, blast music past midnight. Speakers on the Jack Astor's upstairs patio may have been lowered to about knee level because of a nearby resident's complaint last year, but anyone who's been there can tell you it's still loud.

So a person could be excused if they're baffled over the city's community and public security committee's defeat on Monday night of Denise Brown's call to allow soft acoustic music on area patios.

Rowdy rock is OK, but a single dinner violinist gets the bum's rush? How do some bars get away with it?

The answer can be found back in 1993, when the City of London Zoning Bylaw was enacted. It stated that any building that was already used for a purpose — such as a bar with music — that contravened the new bylaw could continue to be used for that purpose.

While Jack Astor's opened in 2011, the building itself — it was a TJ Baxter's before that — is exempt, therefore they get to play tunes.

Orest Katolyk, London manager of bylaw enforcement, said the city investigates about a dozen noise complaints a year, mostly from residents within earshot of patios with music.

John Scott-Pearse, owner of Robinson Hall on Talbot Street, who recently sold the controversial Club Rouge, argues that, if anything, the city needs more clubs to show a little life.

He said if people living downtown don't like the noise, there are plenty of quiet neighbourhoods in the suburbs for them.

"There needs to be some life downtown, and I think a little bit of music on patios is part of life here. I think downtown needs to have some life to it."

He described Victoria Park as the city's largest patio and said he can hear music coming from it almost every night until 11 p.m. in the summer.

"Would I ever complain in a million years? No, it's part of the life of living downtown."

Scott-Pearse said the grandfather clause in the bylaw allowing some, but not all, establishments to add music to their patio is biased.

"That tends to give some places a big advantage, which is something I don't think the city should be doing."

By the numbers

- Bar/pub/restaurant patios in London: About 40.
- Noise complaints specifically for patio music each year in London: About 12.
- Number of licensed establishments in London: More than 400.
- Local police, fire and inspectors from the Alcohol and Gaming Commission of Ontario perform inspections on all licensed establishments on a regular basis to ensure they comply with noise and several other conditions.

Martin Sheen to speak at Western University

Hollywood actor Martin Sheen is heading for London, Western University has said.

He is to be the special guest at the university's annual Leaders in Innovation Dinner, which celebrates research excellence at its Roberts Research Institute.

Sheen, who starred in The West Wing for seven years and is also a social activist, is to speak at the event on Nov. 18 at the London Convention Centre. Past guests have included Michael J. Fox and Alec Baldwin.

Sheen has also appeared in Apocalypse Now, Wall Street, The Amazing Spiderman and, in total, more than 100 roles.

Sheen is also a heart-attack survivor, and this year the Leaders in Innovation Dinner shines the spotlight on the cardiovascular and vascular-biology research being conducted at Robarts and the Schulich School of Medicine and Dentistry.

It will highlight breakthroughs that provide new hope for improved outcomes and enhanced quality of life for people with cardiovascular diseases.

One of the high points will be the presentation of the 2013 J. Allyn Taylor International Prize in Medicine to Dr. Salim Yusuf of McMaster University.

MIKE DONACHIE/METRO

Martin Sheen CONTRIBUTED

Woodlot. Committee recommends approval of PenEquity plans

London's controversial woodlot proposal continues to survive, but it still has a way to go.

The planning and environment committee voted in favour of the recommended changes to the planned development of a woodlot south of Highway 401 by PenEquity.

The amended motion will now move to council for final approval.

However, even if passed by council, the project could come to a screeching halt if the Ministry of Natural Resources or the Upper Thames River Conservation Authority view the site as being too significant to allow development.

The debate was focused around the need for jobs versus the need to protect natural heritage.

Supporting the job argument were Mayor Joe Fontana and Coun. Dale Henderson.

"Those 1,200 jobs are important jobs," Fontana said, "especially in a city that still needs jobs. Those 1,200 positions will go to people who really want to work."

Henderson echoed the mayor's comments, saying he was elected to "create jobs and keep taxes low."

Coun. Joni Baechler called into question the findings of the developer's ecologist report.

Baechler gave a number of examples of when past developer ecologists had ruled a parcel of land was insignificant, only for that ruling to be overturned on appeal and the land, in many cases, being assigned an "Environmentally Significant Area" rating.

MARK SPOWART/FOR METRO

Suspects sought. Cops hunt for assailants after alleged assault, robbery

London police are asking for the public's help to catch two men who allegedly assaulted and robbed a 19-year-old man on Aug. 17 in the tunnel underneath Bradley Avenue near White Oaks Optimist Park.

Police say the victim was on his BMX bike at about 4:20 p.m. when the two men blocked him. He was punched in the face and knocked off his bike. The men then took his bike and backpack and fled westbound on Bradley.

The victim wasn't seriously injured.

One of the assailants is described as a black man in his early 20s, standing about six-foot-two and weighing about 180 to 190 pounds. He has a lanky build with long arms and long face and a few days' growth of facial hair.

The other man is white, also in his early 20s, stands five-foot-10 and weighs about 190 pounds. He's stocky and muscular with freckles on his face, short brown hair and a full red beard.

SCOTT TAYLOR/METRO

These rocking cats are coming to London for a series of shows at the Palace Theatre on Dundas Street. CONTRIBUTED

These pussycats don't just purr! They me-wow!

Coming to London. The 13 cats and one kitten on the touring show are rescues or strays adopted by the creator of the troupe

MARK SPOWART
london@metronews.ca

Who says you can't teach an old cat new tricks?

The Amazing Acro-Cats are coming to London for a series of shows at the Palace Theatre on Dundas Street, from Aug. 29 to Sept. 1.

Samantha Martin started the show more than 10 years ago, initially with the cat-only band known as the Rock Cats, which now is the signature closing act of each show.

"I initially had an all-fowl show," Martin said. "Then the bird-flu epidemic started and the clubs and halls we would play started not booking us. So I decided to have an all-cat band."

The 13 cats and one kitten on the touring show are either rescues or strays adopted by Martin, who then trains them to perform. "We can train a cat to perform a few tricks pretty instantly. Usually within three minutes of starting training, they are able to start performing. Older cats sometimes take a little longer, and certainly with kittens they train very quickly," Martin said.

Throughout the show the cats perform on balls, turn on lights, high-jump, long-jump and each performance closes with the band, whose felines have been trained to play their instruments.

"Once the show is done we have a meet-and-greet session where spectators can meet the cats, have pictures taken, and we also show them some easy training techniques so they can go home and start to train their own cat," Martin said.

Event details

- **Location.** The Palace Theatre, 710 Dundas St. E.
- **Dates and Time.** Thursday, Aug. 29 to Saturday, Aug. 31, at 7 p.m.; Sunday, Sept. 1, at 2 p.m.
- **Admission.** Adults $18, children (under 12) $15.
- You can buy advance tickets at circuscats.com.

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London doctor accused of threatening national security

Explosive development in Egypt arrest. Media release from Cairo district prosecutor an attempt 'to create a far-fetched story': Friend of Tarek Loubani

SCOTT TAYLOR
scott.taylor@metronews.ca

Two Canadians arrested in Egypt last Friday will likely spend at least another two weeks behind bars while authorities there investigate their case.

London doctor Tarek Loubani and Toronto professor and filmmaker John Greyson, along with seven other foreign nationals, have been accused of involvement with the Muslim Brotherhood and of trying to storm a police station in Cairo's Ramses Square.

Among the accusations against the men are carrying ammunition and explosives, threatening national security, belonging to an armed gang and disabling public transport.

Four of the other men arrested are believed to be Irish, two are Syrian and one is Turkish.

Loubani's family and colleagues have said he and Greyson were in Egypt on their way to Gaza on a medical mission when they stopped at a police station to ask for directions after they found the Rafah border closed.

London doctor Tarek Loubani, who was arrested in Egypt last Friday, is among nine foreign nationals accused of involvement with the Muslim Brotherhood and of trying to storm a police station in Cairo. TORSTAR NEWS SERVICE

Amit Shah, Loubani's colleague at Western University's Schulich School of Medicine and Dentistry, told Metro on Monday that he thought it possible Loubani might have been arrested for treating protesters for wounds in the violence that has seen hundreds killed over the past couple of weeks.

"It was a shock to come home and find this out," Shah said after the allegations became public on Tuesday. "I can tell you that there's no way possible these accusations have any substance. I think someone in the Egyptian government decided that they want to hold these people longer. I can't conceive of a reason why."

He described the new development as very distressing and said Loubani's family is deeply concerned, but convinced of his innocence.

"All of his friends and supporters are pressing for his release and the clearing of these completely ludicrous accusations," he said.

Justin Podur, a friend of both Loubani and Greyson, wrote that a media release sent by a district prosecutor in Cairo listing the accusations is nothing more than "a clear attempt to put a group of foreigners arrested at different times and places into a single group to create a far-fetched story about foreigners to justify ongoing imprisonment."

Loubani, a Palestinian who arrived in Canada 20 years ago, has often ventured to Gaza as part of an ongoing collaboration between the University of Western Ontario and Al-Shifa Hospital.

Timeline of events

- **Aug. 16.** At about 4 p.m., Loubani calls friend Justin Podur in Toronto to tell him that he and Greyson are being arrested by Egyptian police.
- **Aug. 18.** After nearly 48 hours, Canadian officials confirm they have found Loubani and Greyson and are providing them with consular services.
- **Aug. 18.** It's later confirmed that Canadian officials have visited the men, who send a message that they're OK.
- **Aug. 19.** Though diplomatic efforts persist, no charges have been laid and the men have not been freed.
- **Aug. 20.** Several serious charges are laid against Loubani, Greyson and seven other men in connection with an alleged scheme involving a mosque and police station.

Underage business. 3 London stores smoked out

Three London retailers have had their permission to sell cigarettes revoked for selling to customers under the age of 19, says the Middlesex-London Health Unit (MLHU).

Automatic prohibition notices were issued to Maple Leaf Gas on Adelaide Street South, Daisy Mart on Ernest Avenue and Real Canadian Superstore (Holy Smokes) on Oxford Street East.

The six-month penalty against the retailers runs from Aug. 19 to Feb. 19, 2014. The prohibition orders are issued by the Ministry of Health and Long-Term Care and forbid the operators from selling or storing any form of tobacco in their stores.

"The restrictions that are in place to prevent youth from having access to tobacco are key components of the Smoke-Free Ontario Act and the penalties for not complying can be severe," MLHU chronic disease prevention and tobacco control manager Linda Stobo said in a release.

SCOTT TAYLOR/METRO

Quoted

"Restricting teens' access to tobacco products is an important strategy to reduce youth experimentation and uptake of tobacco use."

Linda Stobo, MLHU chronic disease prevention and tobacco control manager, in a release

Public misled about gas-plant emails: Privacy watchdog

Premier Kathleen Wynne's government "misled the public" about the ability to recover deleted emails related to the $585-million cancellations of two gas plants, Ontario's privacy watchdog said Tuesday.

"The provision of inaccurate and incomplete information in my initial investigation is unprecedented during my (16 years) as commissioner," Information and Privacy Commissioner Ann Cavoukian wrote in a follow-up to a report on the deleted emails she released two months ago.

"I am left with the inescapable conclusion that they did not take my investigation very seriously."

Quoted

"Obscuring (the scandal) seems to be the government priority, and the information and privacy commissioner was just another victim of that approach."

NDP energy critic Peter Tabuns

Cavoukian issued a scathing report in June that found Liberals in former premier Dalton McGuinty's office broke the law by deleting all their emails on the cancelled gas plants in Oakville and Mississauga.

The privacy watchdog was told at the time that the deleted emails could not be recovered, but it turned out there were ways to get the data back, and the Ministry of Government Services has since unearthed another 39,000 gas-plant documents.

"I remain saddened at the failure of (ministry) staff to dedicate adequate resources to provide accurate and complete information to my office," Cavoukian wrote in her addendum released Tuesday.

"As a direct consequence of the incomplete response, the public has been misled ... about the ability of staff to retrieve potentially relevant information."

Opposition members of the justice committee, which is holding public hearings into the cancellation of the gas plants, said they were not surprised the privacy commissioner had trouble getting the documents she requested.

"What we had in place under Dalton McGuinty has continued under Kathleen Wynne, that getting at the heart of this scandal is not something that's a government priority," said NDP energy critic Peter Tabuns. THE CANADIAN PRESS

Ontario's privacy watchdog says Premier Kathleen Wynne's government "misled the public" about the ability to recover deleted emails related to the cancellations of two gas plants. THE CANADIAN PRESS FILE

Officer accused of murder granted bail within hours

T.O. streetcar shooting. Bond set at half-million dollars, constable must stay within Ontario

JESSICA SMITH
Metro in Toronto

Toronto police Const. James Forcillo was granted bail Tuesday afternoon, without spending a night in jail.

Forcillo turned himself in that morning and walked out of Superior Court at about 3 p.m., as his lawyer Peter Brauti and Mike McCormack, president of the Toronto Police Association, led him through the crush of media to a waiting SUV.

Brauti told reporters it is unusual for bail to be set so quickly in a murder case but said the case itself is unusual because his client was on-duty.

"This is a case where Mr. Forcillo didn't ask to be at the foot of that streetcar. He was on-duty and had a legal obligation to be there. We'll have a trial about whether his decisions were right or wrong," said Brauti, adding that Forcillo has no criminal record and an excellent police record.

Brauti said he's yet to receive full disclosure from the Crown about the evidence, but what he has received shows the case is different than what's been in the media. He would not elaborate.

Forcillo's bail hearing was over in about 15 minutes. All of the conditions of his release were not read out loud, but Brauti said they include four sureties who will be responsible for Forcillo until his trial.

The bond was $510,000 and he is to remain within Ontario, unless he receives special permission.

After a three-week investigation, Forcillo was charged with second-degree murder on Monday in the death of Sammy Yatim, 18.

Bystander video and a surveillance camera appear to show Forcillo shooting at Yatim three times, at which point Yatim fell to the floor, followed by a pause and six more shots.

Toronto police Const. James Forcillo leaves a courthouse on Tuesday after being granted bail. Forcillo has been charged with second-degree murder in the shooting of 18-year-old Sammy Yatim. NATHAN DENETTE/THE CANADIAN PRESS

Autism letter not a hate crime

A devastating letter sent to the Ontario family of a boy with autism does not meet the threshold for a hate crime, but police are considering other charges.

"Despite the hateful language used, the Crown Attorney's office has advised that the content of the letter falls below the threshold for a hate crime. However, there are other Criminal Code issues that are being considered," Durham regional police said in a statement Tuesday morning.

On Friday, Brenda Millson, the grandmother of 13-year-old Maxwell Begley, received a letter in the mail at her Newcastle home. The anonymous writer, who claims to live in the neighbourhood, complained about the noises the boy makes and wrote that the boy was a "hindrance to everyone."

"Do the right thing and move or euthanize him!!! Either way, we are ALL better off!!!" The letter closes, "Sincerely, one pissed off mother!"

Maxwell Begley, 13, along with mom Karla and grandmother Brenda Millson at the Begley home in Oshawa on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Begley was diagnosed with autism when he was 20 months old. He often stays overnight at his grandmother's home. His family has been devastated by the letter and is hopeful charges can be laid.

Police say they are still in the early stages of the investigation, and are receiving information from the public. Police said a couple of charges might apply, but they weren't able to discuss charges at this point in the investigation.

TORSTAR NEWS SERVICE

Out on two counts

Definition of hate

According to Steven Penney, a law professor at the University of Alberta, the Criminal Code defines a hate crime as "wilful promotion of hatred towards an identifiable group, or alternatively the public incitement of hatred that could conceivably lead to a breach of the peace."

He said the communication must be in a public forum or setting, meaning that a private letter wouldn't be covered.

He added that the term "identifiable group" doesn't include people with physical or mental disabilities.

"It's limited to ... colour, race, religion, ethnic origin or sexual orientation," Penney said. THE CANADIAN PRESS

Maple grief. U.S. senator plays down questions on his Canadian citizenship

U.S. Sen. Ted Cruz, seemingly eyeing a presidential run in 2016, calls his renunciation of Canadian citizenship no big deal, even though doubt about candidates' birthplaces has flared in recent elections.

Responding to questions Tuesday in Houston, Texas, Cruz said, "This may be the silly season in politics."

United States Sen. Ted Cruz was born in Calgary to an American mother. DREW ANGERER/GETTY IMAGES FILE

Controversy still dogs U.S. President Barack Obama from some quarters despite proof he was born in Hawaii.

Cruz, a Texas Republican and Tea Party favourite, was born in Calgary to a Cuban father and U.S.-born mother. His mother's status has allowed him to be a citizen of both the U.S. and Canada, but he said Tuesday, "I believe it makes sense for me to be only an American."

Previous foreign-born Americans — notably Republicans John McCain and George Romney — have run for president with some mention but no serious challenges of their eligibility.

Cruz says that after moving to Texas at age four, he never made an affirmative claim to dual citizenship, and he's now promising to drop his Canadian citizenship if in fact he holds it. THE ASSOCIATED PRESS

Oklahoma. Police say boredom led U.S. teens to kill Australian man for fun

Prosecutors filed charges against three teenagers Tuesday after police said the boys randomly targeted an Australian baseball player as he jogged and shot him in the back, killing him, to avoid the boredom of an Oklahoma summer day.

Christopher Lane, 22, of Melbourne, died Friday along a tree-lined road on Duncan's well-to-do north side. Two teenagers, 15- and 16-year-olds from the gritty part of the town, were charged with first-degree murder and ordered held without bond.

A third, 17, was accused of being an accessory after the fact and with driving a vehicle while a weapon was discharged. He said in open court "I pulled the trigger," but the judge directed him to remain quiet and said Tuesday was not the day to discuss the facts of the case.

THE ASSOCIATED PRESS

Motive

Police Chief Dan Ford has said the boys had the simplest of motives.

- He said in a variety of interviews that the 17-year-old had told officers that they were bored and killed Lane for "the fun of it."

A memorial to Christopher Lane is shown Tuesday along the road where he was shot and killed, in Duncan, Okla. SUE OGROCKI/THE ASSOCIATED PRESS

Pakistan. Ex-president charged in 2007 murder of Benazir Bhutto

In an unprecedented ruling that tests the military's aura of inviolability, a court indicted former president and army chief Pervez Musharraf Tuesday on murder charges stemming from the 2007 assassination of ex-prime minister Benazir Bhutto.

Musharraf, who became a key U.S. ally in the wake of the Sept. 11, 2001, terror attacks, pleaded not guilty.

The decision by the court in Rawalpindi marked the first time a current or former army chief has been charged with a crime in the country.

Musharraf, a 70-year-old former commando who took power in a 1999 coup and stepped down from office in disgrace nearly a decade later, now faces a string of legal problems that in many ways challenge the military's sacrosanct status in Pakistani society.

The retired general was charged with murder, conspiracy to commit murder and facilitation for murder, said prosecutor Chaudhry Muhammed Azhar.

He did not detail the accusations against Musharraf, but prosecutors have alleged he failed to provide enough protection to Bhutto as she led her Pakistan People's Party in a parliamentary election that might have given her a third term as prime minister. She was killed in a gun and bomb attack at a rally in Rawalpindi, near the capital, Islamabad.

THE ASSOCIATED PRESS

Pakistan's former president and military ruler Pervez Musharraf

THE ASSOCIATED PRESS FILE

Turbans, hijabs, kippas in Parti Québécois' crosshairs

Charter of Quebec Values. In a controversial move, the PQ is set to introduce legislation restricting religious symbols in several places

Quebec has launched its next debate on minority accommodation — and this one could make the erstwhile soccer-turban ban look like a leisurely stroll on the pitch.

The government is preparing to introduce long-awaited legislation that would restrict religious symbols in numerous places.

A media report Tuesday with leaked details of the Parti Québécois government's "Charter of Quebec Values" says the proposed policy will prohibit public employees from donning Sikh, Jewish and Muslim headwear in the workplace.

It appears the PQ hopes to cash in at the ballot box by championing a position on secularism that polls have suggested has considerable support in the province.

The fiery debate that erupted over a recent ban on wearing turbans on Quebec soccer fields offered a sneak peek of what could be in the political pipeline for the national assembly's fall session.

The turban ban was lifted by the Quebec Soccer Federation due to external pressure — but not before it made headlines around the world. Inside Quebec, Premier Pauline Marois rushed to the defence of the soccer federation and accused its detractors of Quebec-bashing.

Tuesday's newspaper report says the PQ government is set to prevent employees in public institutions like schools and hospitals from wearing religious symbols such as turbans, niqabs, kippas, hijabs and highly visible crucifixes.

The approach is being roundly condemned by civil-rights experts, including prominent lawyer Julius Grey, who expects any such legislation to face court challenges under the Charter of Rights.

"The type of secularism that is being promoted goes beyond what is acceptable," he said in an interview.

"Now, it doesn't mean that the Supreme Court will not uphold it. Legal decisions aren't made in a vacuum and maybe our atmosphere, our social climate, is changing to the point where this will be the future. I hope not."

Charles Taylor, a well-known academic who co-presided over Quebec's commission on the accommodation of minorities, expressed outrage at the policy.

THE CANADIAN PRESS

'An attitude of exclusion'

"This ... will send a message to people who don't feel comfortable here — who feel rejected in Quebec."

Charles Taylor, an academic who co-presided over Quebec's commission on the accommodation of minorities

Harshaan Ahluwalis dribbles a soccer ball during a match on June 15 in Montreal. On the heels of the erstwhile soccer-turban ban in Quebec, the province is aiming to ban religious symbols in several places. THE CANADIAN PRESS

Standing strong in support of Morsi

Backers of the religious party Jamaat-i-Islami rally in Karachi, Pakistan, to show their support for ousted Egyptian president Mohammed Morsi Tuesday. Egypt's military-backed authorities on Tuesday arrested the supreme leader of the country's Muslim Brotherhood, dealing a serious blow to the Islamist group at a time when it is struggling to keep up its street protests against the ouster of Morsi in the face of a government crackdown. THE ASSOCIATED PRESS

150 to 200 pounds

18-foot python seized in N.S.

An 18-foot python has been seized from a dwelling in Nova Scotia's Yarmouth County by the Department of Natural Resources.

Monday evening, the 150- to 200-pound reticulated python was taken by conservation officers to an approved care facility, said a Natural Resources spokesperson.

The department said there are rules against keeping certain animals in the province as pets or to sell, and citizens should make sure they have the proper home and permits to care for them.

A spokesperson for the department said exotic pets are a serious issue because some owners let them loose when they tire of them.

The Yarmouth incident comes a few weeks after two young boys were killed in a New Brunswick apartment by a python, but the spokesperson said the two events are not connected.

HALEY RYAN/METRO IN HALIFAX

BlackBerry. 100 jobs cut as 'evolution' proceeds

BlackBerry confirms it's cutting about 100 jobs this week as part of the second phase of its previously announced transformation plan.

BlackBerry says the terminations were handed out in the Waterloo Region where the smartphone maker is based.

"I can confirm that BlackBerry this week informed a small number of employees of their termination, including approximately 100 employees in Waterloo," a spokesperson said in an email.

"As previously stated, we are in the second phase of our transformation plan where we will be assessing our organization — from top to bottom — to ensure we have the right people in the right roles with the right skill sets to drive new opportunities in mobile computing." The company said its "evolution" was ongoing and "in no way easy."

"But we are realistic about what is required to move our transformation forward in a timely manner. We will be as transparent as possible as our plans evolve."

BlackBerry's board of directors is also exploring strategic options, including a possible sale of the company or some of its assets. THE CANADIAN PRESS

Recent layoffs

250

There were also 250 layoffs last month in BlackBerry's operations in Waterloo.

Streaming. Netflix reaches U.S. deal with Weinstein Co.

Netflix says it's reached a multi-year agreement with Weinstein Co. that will give it the exclusive streaming rights to the company's first-run films in the U.S., starting in 2016. The deal doesn't include Netflix Canada.

Weinstein Co.'s movies include The Artist and The King's Speech. Netflix already has a deal with Weinstein that includes documentaries and foreign films.

The deal gives Netflix more firepower versus premium cable channels such as HBO and other Internet video services, including Amazon's. Financial terms weren't disclosed. Weinstein Co. was launched in 2005 by Bob and Harvey Weinstein, the brothers who founded Miramax Films in 1979. The production and distribution company also includes Dimension Films. New titles from both will be available for Netflix streaming, starting with films released in theatres in 2016. THE ASSOCIATED PRESS

Weinstein Co.'s movies include The King's Speech. MCT/TORSTAR NEWS SERVICE

Colorado

'Ganjapreneurs' will pay a mint to be in legal biz

Want to be in the legal pot industry in Colorado? Open your chequebook. Colorado's pot regulators began three days of hearings on Tuesday to lay out licensing specifics before retail sales begin in January.

The proposed rules require would-be "ganjapreneurs" to pay up to $5,000 US just to apply to be in the recreational pot business. Operational licences cost another $2,750 to $14,000 US. Those who want to sell both medical and recreational pot would pay double. THE ASSOCIATED PRESS

Market Minute

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Dow Jones: 15,002.99 (-7.75)

Back-to-school will cost you an extra 18% this year

People walk by a Best Buy store on Tuesday in New York City. Canadians will be digging a little deeper into their pockets during this year's back-to-school shopping season, a new survey suggests. According to the Pollara survey, Canadians intend to shell out an average of $428 per child on items such as school supplies, clothing and technology as their kids head back to class. That's an increase of 18.2 per cent over last year, when they planned to spend an average of $362 per child. The online poll surveyed roughly 1,000 Canadians. SPENCER PLATT/GETTY IMAGES

Sears downsizing will send IT jobs overseas

Foreign outsourcing. Firm announces layoffs, says some of affected work will go to supplier with operations in India

Sears Canada is cutting 245 mainly head-office jobs with some of the work being outsourced to a firm with operations in India, a senior spokesperson confirmed on Tuesday.

The biggest group, consisting of 138 jobs, is in Sears' information technology department, said Vince Power, the national retailer's vice-president of communications. Nearly 100 affected jobs are in finance and eight are in payroll, he added.

The employees received layoff notices on Monday and will be leaving at various times over the next six months, Power said in a telephone interview. Some may find other work within Sears, he said.

The announcement comes as more Canadian companies move their information technology services to outside suppliers, many with operations outside the country.

With Canada's unemployment rate at 7.2 per cent, the loss of high-tech jobs has sparked outrage among some consumers.

Sears said the move will ensure the company's information technology services are more efficient and up-to-date, which is better for customers.

"These days, to keep up to date with all the system investments you need to make, it's not our core business. We're leaving it to people we feel can do it more efficiently," Power said.

Some of the work would end up outside the country, he said. IBM has operations in India. "Certainly some of the work is going to be done outside the country. That's their business model," Power said.

Sears will continue to employ hundreds of other people in its information technology department, he added. "It's just one of the functions. It's the application development and application management end of things."

Earlier this year, Royal Bank of Canada came under fire from customers when a fired employee said he was being asked to train his replacement, a temporary foreign worker from India.

The bank was in the process of outsourcing some of its IT jobs to a firm in India.

The bank denied it had hired temporary foreign workers and its supplier, iGate Corp., said it had complied with all relevant Canadian laws.

But the bank also later apologized and offered all 45 displaced employees other work. It also enhanced its supplier code of conduct to say jobs would be sent offshore only when the investment in "scale, technology or operational knowledge" is unavailable in Canada. TORSTAR NEWS SERVICE

RBC mess

- The outcry over the RBC outsourcing case led Ottawa to tighten up its temporary foreign worker program, which is supposed to be used only when no qualified Canadian is available.
- But Ottawa did nothing to address the growing use of offshore firms to perform high-tech work. Employees of dozens of other firms, especially in financial services, insurance and accounting, have contacted media outlets to say their firms are also sending IT jobs to India.
- But there is nothing illegal about it. Indeed, most Canadian employers argue the move to suppliers in lower-cost countries is essential to remaining competitive in a global economy.

IT outsourcing market

$15B

The market for outsourced IT services grew to $15 billion in Canada last year, according to research firm IDC Canada. Much of the work remains in Canada, but offshore firms are winning a growing share accounting for $3 billion worth last year. Such firms are handling everything from cheque processing to large databases, IDC says.

TALKING ABOUT SEX? GASP!

JUST SAYIN'

Paul Sullivan
metronews.ca

What is it about sex?

Now that I've got your attention, class, let's try to answer that question.

We don't seem to have any trouble with violence in our society. According to the Canadian Council on Social Development, the average Canadian child sees 12,000 violent acts on TV each year. Forty of the top-47 video games have violent themes. Etc.

But sex. Now that's another story, as Vancouver's Science World found out recently. It has a program underway called The Science of Sexuality:

"This self-guided exhibition explores the different stages of human sexual development … that lead to first love, to the discovery of attraction, seduction, desire and intimacy. By presenting a positive image of sexuality and exploring what science has revealed about the topic, the exhibition hopes to provide visitors with enough information on the many issues of sexuality to make enlightened and responsible decisions."

Recommended for ages 12 and up.

Uh-oh.

Exposing teens to the "discovery of attraction, seduction, desire and intimacy" is bad enough, but then Science World hired Vancouver's zaniest ad agency, Rethink, which immediately went out and built some raunchy ads:

One has a man and a woman under the sheets, the man on top and his legs between hers, both of which are in casts. The headline is Orgasms Can Kill Pain.

Another has a picture of a box of tissues surrounded by a number of rumpled tissues with the headline Ejaculation Fights Colds.

Never mind that this sounds like a sure cure for the common cold; the outcry was immediate as self-appointed guardians of the public morality rose up and pronounced themselves offended on behalf of the kids.

Foremost among the guardians was TransLink, the local bus authority, which ruled that neither would grace the buses of Vancouver.

OK, a little raunchy, perhaps. Better hide the kids' eyes, so they can go back to watching murder on TV or playing video games. And by the time they're 18, they'll have seen 40,000 murders, which is no doubt good because that will desensitize them to violence.

Meanwhile, back at the sex exhibit, kids will learn nasty stuff like the molecule responsible for love at first sight (oxytocin) or if there are sexually transmitted diseases you can catch from kissing (herpes). Of course, there's also something called an "erecto-matic," or erection stimulator. And then there's the "fantasy booth."

When we were kids, we only went to the stupid dairy on field trips.

So, would you rather have your kid operate the erecto-matic or blow away another couple zillion bad guys? And if that seems like an unfair question, you may be having a problem with reality.

Which brings us back to our original question: What is it about sex? By now, isn't it obvious? The answer you seek is at Science World in Vancouver. Until Sept. 2.

ZOOM

What's all the fusilli about?

METRO MOSCOW

Colanders latest threat in Russia

The Church of the Flying Spaghetti Monster is a new threat to the Orthodox Church in Russia.

On the weekend, Russian "pastafarians" gathered in Moscow with their religious equipment, namely colanders. As a result, eight people were taken to the police station after a "pasta procession" in the centre of Moscow. Orthodox activists who called the police said that glorification of the Flying Spaghetti Monster hurt their feelings. METRO

Q and A

Picture pasta causing a stir

Metro spoke with a pastafarian representative, Aleksander Stelkovsky.

What can people learn from your religion?
The most important principle of our religion is common sense.

And how about your conflict with the Russian Orthodox Church?
ROC proved extremely hostile to us. They attacked us and called the police and said that our actions were not authorized by authorities. Now we are preparing a lawsuit. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Remember the days when Instagram was clawing its way up the app chain vying for the attention of the online cool kids? When copycats were a welcome sign of reaching digital deity status? Those days are gone (thank you, Zuckerberg) and Instagram is now clamping down on apps with names sounding too similar to the beloved photo-sharing site. But before all things 'insta' and 'gram' go the way of ICQ and AOL, there are a couple of similarly named Instagram apps worth checking out (even just for an instant).

Statigram:
Numbers for your Instagram account so you can learn just how many people like your hotdog, leg-beach selfies.

Instadrop:
A drop box for your Instagram photos so your non-Instagramming friends and family won't miss a single filtered photo.

Instagallery:
As the name suggests, this lets you quickly and easily make photo galleries out of any set of Instagram pics.

Letters

RE: Parliament To Be Prorogued Until October: Prime Minister, published Aug. 19

The Conservative party cannot be allowed to prorogue Parliament.

There are many things that must be discussed and scandals that have been committed by that party that must be addressed.

Your actions will determine whether you are with Canadians or with the scandalous.

I demand our opposition leaders stand up against this prorogation and yourself as well.

This country was built on democracy.

The Senate was NOT democratically elected so the elected members of Parliament must be heard.

There is no majority when it comes to scandal against Canadians perpetrated by the Conservative members.

Robin Brentnall, Gambo, N.L.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Movie review

The Mortal Instruments: City of Bones

Director. Harald Zwart

Stars. Lily Collins, Jamie Campbell Bower

Based on the hugely popular book series, The Mortal Instruments' built-in young adult audience should shill out big bucks for this adaptation regardless of whatever critics write. Lucky for them, the fantasy tale of a teen who discovers she's got mysterious powers to be used to protect humans from a hidden underworld may feel derivative but a quick pace and charismatic cast keep the melodrama from becoming too mind-numbing. STEVE GOW/METRO

Gay marriage

Tomlin looking at marriage again

Lily Tomlin and her longtime partner, Jane Wagner, may finally tie the knot now that same-sex marriage has returned to California, she told the crowd at a pre-Emmys reception in Los Angeles this week.

"Jane and I have been together for 42 years. We're thinking maybe we'll get married," Tomlin said.

THE ASSOCIATED PRESS

Nick Frost, left, Eddie Marsan and Simon Pegg star in The World's End. CONTRIBUTED

Fall down drunk comedy

New movie. The World's End becomes another empty glass in the long history of binge drinking movies that manage to trip all over themselves

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend, as Simon Pegg and Nick Frost embark on an epic pub crawl in The World's End, they are continuing a Hollywood tradition of raising a glass in the movies.

"Tonight, we will be partaking of a liquid," says Gary King (Pegg), "although we may return with a twinkle in our eyes, we will be in truth blind… drunk." Pegg and pals add a sci-fi twist to their story, but at its heart it's a boozy comedy.

W.C. Fields pioneered drinking on film. During his 1930s heyday he made a name for himself with snappy one-liners like, "A woman drove me to drink and I didn't even have the decency to thank her." He liked a cocktail off screen as well. On set he had an ever-present vacuum flask of mixed martinis he referred to as his "pineapple juice."

While shooting a movie in 1942 a jokester replaced his gin with real pineapple juice. After his first sip Fields shrieked, "Who put pineapple juice in my pineapple juice?"

My Favorite Year, the 1982 Peter O'Toole comedy, was a fictional story based on a real life actor with a legendary taste for alcohol. O'Toole, a hellraiser who once went for a drink in Paris and woke up in Corsica days later, plays a character based on Errol Flynn's appearance on Sid Caesar's television program Your Show of Shows. Premiere Magazine ranked the performance No. 56 on its 100 Greatest Movie Characters of All Time list.

More recently Beerfest celebrated ale quaffing in a story based on the von Wolfhausen family tradition of spreading relatives' ashes on the official ground of Munich's Oktoberfest.

This down and dirty ode to drinking beer stars the members of Broken Lizard — the comedy troupe that gave us Super Troopers and Club Dread — and only has a 41 per cent rating at Rotten Tomatoes. Still, it is worth a look if only to see someone drink their way out of a vat of lager.

In Barfly Mickey Rourke plays Henry Chinaski, an alcoholic writer and alter ego to real life poet and "crown prince of self-abuse" Charles Bukowski. "Anybody can be a non-drunk," he slurs. "It takes a special talent to be a drunk. It takes endurance."

He was so convincing in his portrayal that when Bukowski died The New York Post ran a picture of Rourke from Barfly rather than a photo of the poet.

Booze relations

"A woman drove me to drink and I didn't even have the decency to thank her."

W.C. Fields
Who pioneered drinking on film

SCENE

The Braids, Raphaelle Standell-Preston, left, Taylor Smith and Austin Tufts pose for a photo, now minus one member. Katie Lee, their founding keyboardist, has left the group. CONTRIBUTED

Departure of original member informs Braids' emotional second album

New music. Breaking up is hard to do, but for the Montreal band the making of their sophomore album was a therapy session as much as anything

The members of acclaimed Montreal experimental-pop outfit Braids were once — true to their name — a tightly woven, intricately knotted unit, good friends who became a band and not the other way around.

So it's understandable that the seemingly acrimonious departure of founding keyboardist Katie Lee would have deep reverberations for the group, now a trio.

The split happened after the band returned from touring their celebrated debut Native Speaker and began work on the follow-up (Flourish // Perish, which hits stores Tuesday).

Then, singer Raphaelle Standell-Preston says the band realized "that there was a friendship that was very broken."

They diligently tried to mend the widening schism for five months, but those attempts at reconciliation gradually seemed to be doing more harm than good.

And in the meantime, very little music was actually getting made, Standell-Preston said.

"The recording process for all of us was turning into a therapy session - like, we're not making music here. We're like so far from music right now, it's insane," Standell-Preston recalled in a recent telephone interview as she strolled the streets of Montreal.

"It was just getting to that point where it was just like very toxic and kind of ready to explode."

THE ASSOCIATED PRESS

Friends forever, sort of

Even if the group felt that staying together would have invited inevitable disaster, the split hasn't been without significant fallout.

- **Close friends.** Braids grew from high-school friendships formed in Calgary. Standell-Preston and Lee were particularly close; Standell-Preston calls her former bandmate her best friend since they were 14 years old.

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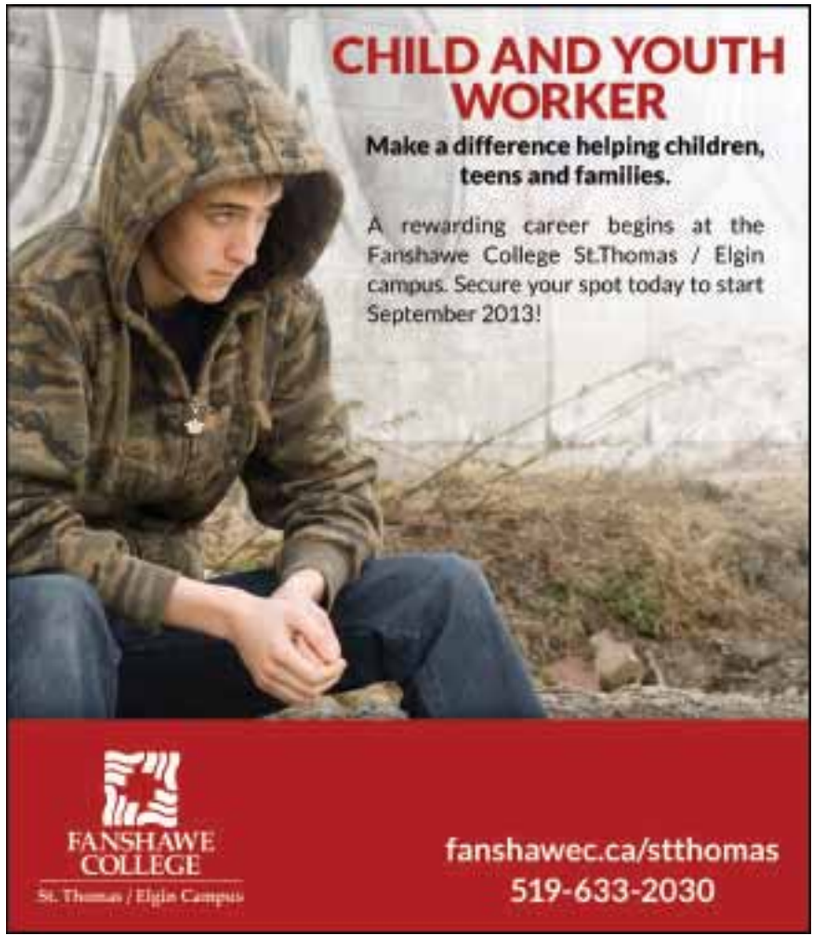
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leif Garrett. ALL PHOTOS GETTY IMAGES

Garrett: Watch out for scumbags, drug dealers and chicken hawks

If anyone can offer Justin Bieber advice on the perils of getting so famous so young, it's former teen idol Leif Garrett.

"Do not believe your own publicity," Garrett suggests when asked by Fox News for advice for the 19-year-old pop star.

"Sussing out who your real friends are is full-time work. Every scumbag, every drug dealer, every chicken hawk wants a piece of you. When you've got that sort of power at that young age, and everything at your doorstep, you put out that bad boy image. At that age, testosterone, hormones, all of the money, you see what else you can get away with."

Whether Bieber actually listens is another thing all together.

Robert Pattinson

Twilight stars looking to add another sequel

Twilight fans take heart: There may still be hope for exes Robert Pattinson and Kristen Stewart, as the pair reportedly met up at Stewart's house earlier this month for "a very intense conversation," according to Us Weekly.

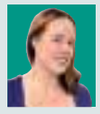
"They will probably pick up where they left off. Rob's obsessed with her," a source says.

"She's still heartbroken. She can't seem to get over him."

The Twilight co-stars officially split in May.

The Word

Do you want to see Demi Lovato's X-Factors?



THE WORD
Dorothy Robinson
scene@metronews.ca

This week held a few ups and downs for Demi Lovato. Let's start with the downs. Radar Online reported that someone is trying to sell nudie shots of The X-Factor host.

Although Radar claims the photos of the dark-haired woman are "identical" to Lovato — including the same tattoos — they aren't going to purchase them for our horny consumption.

"These are Demi. The collection I have show some nude, including face, some including parts of the body Demi is known for — tattoos, butt, chin. Then, I have pictures of her getting rowdy," the shadowy figure says to the site.

But behind every nude-photo storm there is a guest-starring rainbow! That's the expression, right? Anyway, it was announced Monday that Lovato will be appearing on the next season of Glee as Rachel Berry's friend.

"I just heard the news! Excited to sing w you girl!" Tweeted Adam Lambert, who joined the show earlier this summer.

So in both cases, we can safely assume that we'll be seeing a lot more of Lovato in the coming months.

Dick Van Dyke

Van Dyke may not be hot, but his car was on fire

Dick Van Dyke had quite a scare on the 101 Freeway in Los Angeles this week when his Jaguar sedan caught fire, according to E! News.

"We received a call that a car was on fire. There were reports that the person behind the wheel of the Jaguar was slumped over the wheel," a California Highway Patrol spokesman says.

"We were told that there were nurses on the scene helping him. CHP and the Los Angeles County Fire Department responded to the call."

No ambulance was called, and Van Dyke's wife tweeted a Vine video of the charred remains with the caption, "Van Dyke's melted car. He's fine, thank God."

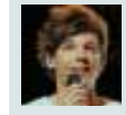
Taylor Swift

Swift is either still bitter, or has a sense of humour

Taylor Swift apparently still can't get over Kanye West's infamous stage-crashing at the 2009 MTV Video Music Awards — or at least she still enjoys jokes about it.

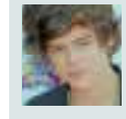
Ed Sheeran, who is on tour with Swift, shared a photo of a jar of jam the singer had given him with a handwritten note on the label: "Yo Ed, I'm really happy for you and I'm gonna let you finish but this is the best jam of all time," she wrote.

Twitter



@Louis_Tomlinson
Great to be back with the lads today! Can't wait for the movie

@NiallOfficial
Great last few days @vfestival ! It was incredible ! Wish I could have stayed there for another week! Although I didn't bring enough boxers



@Harry_Styles
Just saw a guy riding a bike and playing guitar at the same time. No hands.

A new kind of surf and turf

Vancouver Island. Swinging golf clubs and salmon fishing makes for the perfect West Coast holiday

SHARON MCAULEY
canadiangolftraveller.com

Even the deer are used to golfers at Vancouver Island's Crown Isle Resort. PHOTOS: BRIAN KENDALL/CANADIAN GOLF TRAVELLER

When I travel, I'm always on the lookout for authentic local experiences to mix with golf. So I was thrilled to discover that at Vancouver Island's Campbell River, the self-proclaimed "salmon fishing capital of the world," you can tee it up and cast your line all in the same day. If you think making a birdie is fun, just wait until you experience the kick of reeling in an 18-pound Chinook, then savouring your fresh catch — and your fish tales — over dinner at the lodge.

Teeing it up

There's plenty of great golf on Vancouver Island. The Vancouver Island Golf Trail maps out 11 public play courses over a 250 km route, from Victoria at the southernmost tip to Campbell River further up the island.

For our first round, we played Crown Isle Resort in the Comox Valley, about 40 minutes south of Campbell River. This Graham Cooke-designed course winds its way through an 831-acre golf community, presenting plenty of challenges — including 11 lakes — along the way. Remember to look up for stunning views of the Beaufort mountains, and keep your eye out for local deer — they're so accustomed to golfers that they're not even phased by near-misses on the driving range.

Storey Creek is a Les Furber-designed gem in Campbell River. A beautifully treed course, each hole is separated from the others by the surrounding forests of red cedar and Douglas fir. Fair and fun to play, it reminded me of a classic Stanley Thompson track, where risk-reward is the game but there's always a safe way for a high handicapper to make it to the green. Storey Creek is one of ScoreGolf Magazine's top 100 courses in Canada, and was awarded four stars by Golf Digest.

Reeling them in

Using local outfitters Oak Bay Marine Group, and with our expert guide Trevor Mahalek in charge, we set out the next morning for a four-hour fishing trip from the lovely April Point Resort.

With the outboard on our 17-foot Boston Whaler at full throttle, we travelled south for about 20 minutes along the Discovery Passage, just off the coast of Vancouver Island near Campbell River. According to Mahalek, there's a natural funnel in this area, formed by the tides and the ocean topography, which creates an ideal environment for catching the big ones.

Canadian Golf Traveller publisher Sharon McAuley with her Chinook Salmon catch.

Don't worry if you're new to fishing — your guide does all of the prep work and will give you a rundown on the best way to reel it in once you've got one on the hook. We were in good hands with Mahalek — a guy who goes fishing in his off hours when he's not working as a fishing guide. After he rigged our lines with a hoochie (its silver flashing movement under water attracts the salmon by giving the appearance of a herring in distress) and a blue meanie (a colourful lure with J-hooks attached), then secured our rods to the gunwale, we were ready to troll.

It wasn't long before the first strike and frenzy of activity. Reeling it in quickly while keeping the tension on the rod — but not letting it bend too much for fear of the line breaking, and occasionally letting the reel handle go to spin the line out and create more slack — took our full focus and energy. Under Mahalek's encouraging coaching and masterful work with the net, we successfully landed the first of four Chinook salmon, ranging from 10 to 18 pounds.

But before we reached our limit, there was one memorable one that got away.

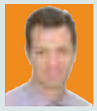
Just as I was bringing the fish alongside the boat for Mahalek to net, a wily seal popped out of nowhere and took both the fish and my line. I was stunned at the sudden turn of events, and briefly wrestled with both the salmon and seal at the end of my rod. But it was a losing battle — according to the local term, I'd been "sealed." I didn't get the fish, but I did come away with a whopper of a fish tale.

Getting there

- **BC Ferries.** Has frequent daily crossings between mainland Vancouver and Vancouver Island (with service to Victoria or Nanaimo).
- **Golf and fishing packages.** Vancouver Island offers three different places to combine golf and fishing: Victoria, Cowichan Bay and Campbell River. See Golf Vancouver for booking information.

Travel tips

Don't let the bed bugs bite



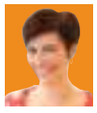
ON THE MOVE
Loren Christie
life@metronews.ca

Bed bugs can be found almost anywhere there is fabric or wood, from department stores to movie theatres to, unfortunately, your hotel guest room. Although most major hotel companies have strict and effective policies on how to deal with bed bugs once an outbreak has happened, there is little they can do to prevent new cases from occurring. Bed bugs are lazy bloodsuckers that have a terrible habit of travelling in people's luggage or purses in search of their next meal. There are some steps you can take to protect yourself. When you check into your hotel room, hang your coat in the closet and place your luggage in the bathroom, where it can sit on tiles while you inspect the bed. Strip back all the bedding and look at the corners of the bed and under the mattress. At three to four millimetres in length, bed bugs are visible to the naked eye. They are brown or red (if they have recently eaten) and if you don't see the bugs themselves look for little black dots, which indicate recent activity. Bed bugs hang out close to their food supply so make sure to check the headboard where your neck, head and arms are exposed as you sleep. The odour of overripe raspberries is another indication that you may not be alone. A typical bite takes the form of red itchy bumps in series of threes, but could also just present itself as an inflammation. You could just end up with one bite or in some cases you could be covered in them. The good news is that unlike mosquitos, bed bugs do not carry any diseases like Lime Disease or West Nile. If you do fear that you have been bitten by bed bugs, make sure to place your luggage in the garage when you get home and have your clothes dry cleaned and steamed or at least washed in water temperatures of 123 degrees Celsius or higher; the heat will kill all bed bugs and their eggs. Let the hotel know immediately what you suspect has happened.

Save on cost, not flavour with Dorowat

Dorowat (Ethiopian Chicken and Chickpeas)

This recipe serves 12. CONTRIBUTED/ THERESA ALBERT



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I have just about had it up to here with people telling me it costs too much to eat healthy. It simply doesn't, and I intend to prove it.

Made with a number of the spices on the Top 10 ORAC (the highest anti-oxidant foods) list, this version of Dorowart, the sweet Ethiopian stew, is a cancer battling delicious powerhouse. The flavours are surprising, rich and nourishing.

If you can find injera, which is an Ethiopian flatbread made with high-protein, ancient teff flour, do so! The traditional method of eating the stew using scoops of this delicious bread is an experience beyond just the taste.

Store leftovers in the freezer in single serving sizes and yum out for weeks, cheap!

1. In bowl, combine tomatoes, 1/2 cup of the red wine, paprika, chili pepper flakes, and turmeric, and set aside.

2. Warm a large deep pot over medium-high heat. Add oil, and cook onion for about 5 minutes. Add garlic and grated ginger, cook for 1 more minute. Stir in nutmeg, cloves, allspice and cinnamon, then add chicken pieces and brown for 2-4 minutes per side.

3. Pour tomato mixture over chicken and bring to boiling; reduce heat. Cover and simmer about 30 minutes. Stir in remaining 1/4 cup wine and chickpeas. Simmer uncovered 15 mins.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 28-oz can crushed tomatoes ($1.29)
- 3/4 cup dry red wine ($1.75)
- 1/4 cup paprika ($0.25)
- 1 tbsp red chili pepper flakes ($0.05)
- 1 tbsp ground turmeric ($ 0.01)
- 1 tbsp grapeseed oil ($0.08)
- 1 onion, minced ($0.88)
- 2 garlic cloves, minced ($0.10)
- 2 tbsp ginger root, grated ($0.10)
- 1 tsp ground nutmeg ($0.24)
- 1 tsp ground cloves ($0.35)
- 1 tsp ground allspice ($0.75)
- 1 tsp cinnamon ($0.13)
- 1 lb skinless chicken thighs ($4.30)
- 28-oz can chickpeas, drained ($1.29)

Total: $11.32/$0.94 per person

Eat cheap

For the next four Wednesdays, Metro's Theresa Albert will be serving up some easy to make and healthy recipes that are perfect for families or starving students.

Drink of the Week

Hennessy Sweet Tea

Sweet Tea is a staple in the southern U.S. Here is a rich, new take on the classic way to cool down.

- 1.5 oz Hennessy V.S
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled, strain into a Collins glass over fresh ice and garnish with an orange twist.

RECIPE AND PHOTO COURTESY OF HENNESSY

iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

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Enter for your chance to win a 3-day, 2-night trip for you and a friend to London, England and a pair of tickets to see Vampire Weekend, Thirty Seconds to Mars or Robin Thicke.

Every day in September, the biggest names in music hit the stage at the Roundhouse in London, England. You can watch them live for free on iTunes.

club metro

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Leaves will turn, grads will earn

Fall into a fabulous position. Soon is the season when 70 per cent of employers do the majority of their student and new grad hiring. Get prepped!

MEGHAN GREAVES
TalentEgg.ca

Schedule in success: Start a recruitment season calendar. Include networking and recruitment events along with deadlines for drafts of applications and their final due dates. ISTOCK

Fall marks the start of a new school year, which means that it's time to head back to campus, attend as many welcome back parties as possible and even squeeze in some time for your classes.

On top of all these priorities, you also need to be thinking about your job hunt.

Since you're already busy studying, attending classes, writing assignments and managing your social life, adding one more thing to do could be overwhelming — unless you're equipped with the right tactics.

Figure out your path

There's a lot of competition in campus recruitment season, and the first step to success is deciding where your priorities lie.

To direct your energy in a productive fashion, you need to have an idea of the specific role (or roles) you'd like to explore in the future, as well as a set of employers you'd like to work for.

The goal isn't to figure out exactly what you want to do, but rather to help yourself tune out the opportunities you aren't interested in to help you focus on finding a path to the ones you are.

This isn't just an abstract thought exercise. You'll need to do some role- and company-specific research. Also consider touching base with friends or contacts who are currently employed in your industry and chatting with them about the work they do to get a sense of the hands-on experience of a role.

Set time aside

The work doesn't end once you know where you want to go. In order to excel in networking and recruitment sessions and prepare applications that get you in front of the crowd, you're going to need to log some prep time.

While you might be lucky enough to have success early in the season, you should also remember that the application process can be lengthy. Even if you make a promising connection, you'll have to keep exploring new opportunities while you're waiting to hear back about ongoing efforts.

You don't want a busy recruitment session to overwhelm your studies, so it's important that you plan your time well in advance. You'll find things much more manageable if you put in a few hours at a time rather than cramming everything in at the last minute.

Manage and adapt

Even once you've figured out which career paths you want to explore and which events you want to attend, you'll still need to be ready to adjust to challenges on the fly.

Your academic, personal and recruiting schedules are going to be in constant competition as you explore your future opportunities and it will often be tempting to throw all of your energy in one direction at a time — or to let everything defer to the fun and social side of life.

In order to temper this tendency while still putting your best foot forward, you'll need to start being more rigorous with yourself in planning and execution. If you're someone who fine-tunes every last detail of an assignment or burns the midnight oil all weekend, you're going to have to cut back on that behaviour.

At the same time, don't let your investment in recruiting season become your sole focus.

Academic success is a key part of skill-building, and letting your academic record languish while you try and start your career may leave you feeling guilty later.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Sell me the story of your school days

Chronicles behind the cap and gown. Your degree isn't unique, but your educational experience is

MEGHAN GREAVES
TalentEgg.ca

Most employers and recruiters have met hundreds or thousands of people in your field, many of whom possess the same credentials as you do.

To make an impact, you need to demonstrate how your education is compatible with the role you're interested in. This reflects your familiarity with the position itself, as well as your position as a qualified candidate.

Understanding why you're qualified for a job and displaying confidence in your education can often be the deciding factor for new grads when on the job hunt. ISTOCK

You might not have any work experience under your belt, but your educational history is an often-forgotten and incredibly important selling point at your disposal. Just about any post-secondary program will have helped you develop marketable skills that you might not even recognize. Your next task is to communicate that to all those employers.

Check out these tips to help you sell your education to employers!

Give your education the spotlight on your resumé

On the first page of your resumé, make sure you have space to list your educational background.

To highlight the unique character of your education, include a brief description of what you learned throughout your program, as well as any extra classes you may have taken that complement the role you're applying for.

List both the hard and soft skills you've learned, or are learning, throughout your program. Be prepared to explain them in further detail!

Don't box yourself in by imagining how your degree could contribute to success in just one specific role. Prepare for the job hunt by collecting possible job titles from different employers and practice explaining how your education fits each one.

You may want to check out a handy guide to keeping your resumé organized so that you can stay on top of all this information.

Tip: This is a great time to make your minor work for you too! A major and minor combination can make for a versatile background, so make sure you note how those two subjects can (and will) work together!

Make your online presence correspond

Getting your online profile to correspond with your resumé is key when it comes to making yourself research-friendly.

If an employer can't find you online, that doesn't send a good message — particularly if you're applying to a job that involves social media responsibilities.

Too many new grads only have the program they graduated from on their professional profile. This doesn't provide enough detail.

Listing the courses you took in addition to listing your program helps employers explore your skills, which in turn gives them a clearer understanding of why you'll be an egg-cellent addition to their team!

Tip: A savvy job-seeker uses each major social media outlet as part of a whole strategy of self-presentation. Make sure your Twitter and Facebook reflect some of the skills and passions you're trying to communicate to an employer.

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Spiel certaintude

- **Make sure you believe what you're saying.** It can be hard to display confidence in your skills, but don't feel like you're tricking anyone by showing conviction.

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4 SPORTS

Head coach

Greg Marshall's regular-season record with Western: 36-12 heading into his seventh season as the team's head coach.

Career overall record with Western (reg. season & playoffs only): 44-14

Career overall record in CIS (reg. season & playoffs only): 103-36-2

The offence

Number of returning starters: 8

Key returning players:

QB Will Finch will be returning for his second season and looking to build on his debut 2012 season. He was 49-of-89 for 818 yards during the regular season and 44-of-66 for 634 yards in two playoff games.

RB Garret Sanvido earned all-Canadian honours after becoming the only CIS player to rush for more than 1,000 yards. He recorded 13 touchdowns in his seven games.

WR Brian Marshall racked up 765 yards, 95.6 yards per game, 19.1 yards per catch and six touchdowns last season. In addition, Marshall tied a Western record for touchdown receptions in one game when he caught four against Laurier.

The defence

Number of returning starters: 9

Key returning players:

LB Beau Landry recorded 23 solo tackles, which placed him third on the team, and helped the Mustangs defence rack up 34 sacks, good for second in the nation.

DE Dylan Ainsworth set a Western record with 9.5 sacks, along with earning 17 solo tackles.

Special teams

Key returning players: 1

K Lirim Hajrullahu went 19-for-25 on field goals, putting him in sixth in the nation, while also scoring 98 points, second in the CIS. As a punter he was named an OUA first-team all-star.

Will Finch threw for more than 1,400 yards and 11 touchdowns last season with the Mustangs. COREY STANFORD/FOR METRO

Western QB is just that good

University football. Will Finch touted as the next great Canadian pivot

DAVE LANGFORD
dave.langford@metronews.ca

This may be the season that the next great Canadian quarterback steps out from the shadows of legendary CFL superstar Russ Jackson; or former Cincinnati Bengals draft pick Dan Fereday; or London's own Jamie Bone, who once had a tryout with the Cowboys. Yes, those Cowboys.

Will Finch, the Western Mustangs' second-year quarterback, is just that good.

And he will get to show off his considerable talents Sunday as the Mustangs open their Ontario University Athletics season in Toronto against the Blues at Varsity Stadium.

"He is 19 years old and he is certainly the best 19-year-old I have ever seen," Western head coach Greg Marshall said Tuesday as Mustangs practice came to a close.

"I know last year, people were comparing him to Michael Faulds (a former Mustang QB), but Michael Faulds was 26 when he played here. Will is one of the best quarterbacks I have had an opportunity to coach."

Marshall knows what he is talking about. He has been a university head coach for 14 years, now seven with the Mustangs after seven with McMaster. Add in little more than two seasons as head coach of the CFL's Hamilton Tiger-Cats.

Finch, now six-foot-three and 215 pounds, was a prize catch by the Mustangs last season after a spectacular Burlington high school career. He chose Western over McMaster and Calgary and any U.S. colleges that came asking.

After Grade 12, Finch was invited to the Ticats camp, the first high schooler to make that jump. And this spring, he attended the Toronto Argonauts camp as the CFL is trying its darndest to get that next Canadian quarterback.

Last year, Finch played more than expected after starter Donnie Marshall was injured. Finch threw for more than 1,400 yards and 11 touchdowns in nine regular-season and playoff appearances.

Finch said the Argos camp has helped him grow his game.

"Soaked it all in, picking (Argos QB) Ricky Ray's brains," Finch said.

But he said he learned one valuable lesson.

"One thing I learned is how you can get by if you are smart," he said without one touch of cockiness. "Some guys have a cannon arm, but you can't get it done with a cannon arm and no head. If you have a head and good arm, you can get it done."

Meanwhile, the Mustangs running game is also expected to be a strong suit and everyone is just fine with that.

"You want to win all the games," Finch said. "To do that, you need the air and the ground. If that's working together, you can't stop it."

Quoted

"He is 19 years old and he is certainly the best 19-year-old I have ever seen."

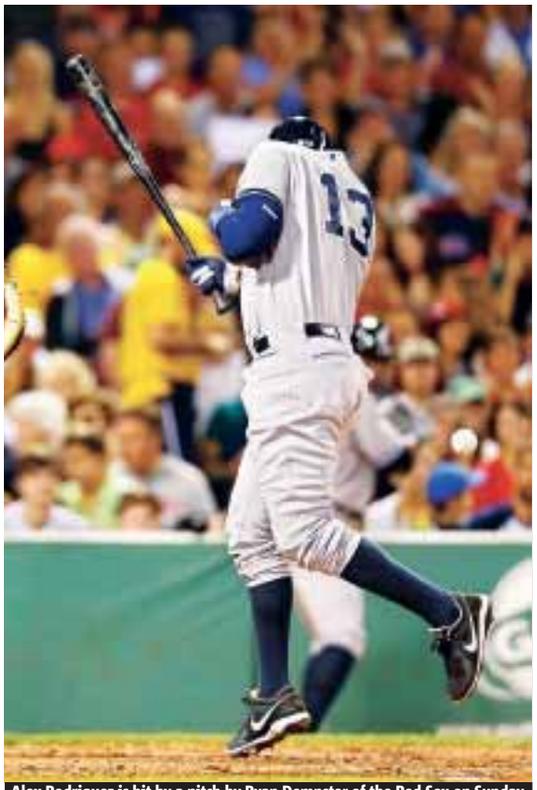
Mustangs head coach Greg Marshall on quarterback Will Finch.

Mustangs in 2012

Regular-season record: 5-3, 4th in OUA

Playoff record: 1-1

Finish: Lost 42-28 to McMaster in OUA semi-finals



Alex Rodriguez is hit by a pitch by Ryan Dempster of the Red Sox on Sunday in Boston. MLB announced on Tuesday that Dempster would be suspended five games and fined for the incident. JARED WICKERHAM/GETTY IMAGES

Canadian Dempster suspended 5 games for plunking A-Rod

MLB. B.C. native who sparked outrage from Yankees bullpen maintains innocence

Canadian pitcher Ryan Dempster of the Boston Red Sox was suspended for five games and fined by Major League Baseball for intentionally hitting Yankees star Alex Rodriguez with a pitch last weekend.

The penalty was announced Tuesday by MLB senior vice-president Joe Garagiola Jr., two days after Dempster hit A-Rod in the second inning at Fenway Park. Garagiola also fined Yankees manager Joe Girardi for arguing with plate umpire Brian O'Nora on Sunday night.

Dempster, from Gibsons, B.C., could still play if he appeals the penalty. Boston has off days Thursday and Monday, allowing him to serve the suspension while getting pushed back only a couple days in the Red Sox rotation.

Ryan Dempster GETTY IMAGES FILE

Dempster threw one pitch behind A-Rod's knees and two more inside in the second inning. Then his 3-0 pitch struck Rodriguez's left elbow pad and ricocheted off his back.

Girardi sprinted onto the field, screaming at O'Nora for not ejecting the pitcher. Girardi was tossed as the benches and bullpens emptied, and Rodriguez homered off Dempster to spark a sixth-inning rally that lifted New York to a 9-6 win.

Dempster maintained he was just pitching inside and wasn't trying to hit Rodriguez.

Earlier Tuesday, Girardi insisted it would be "open season" on Rodriguez if MLB failed to suspend Dempster.

"That baseball is a weapon. It's not a tennis ball.... It's a weapon, and it can do a lot of damage to someone's life," Girardi said before a doubleheader against Toronto.

"And that's why I was so upset about it. You can express your opinion and be upset with someone, but you just can't start throwing baseballs at people. I mean, it's scary."

THE ASSOCIATED PRESS

MLB

Jays blow early lead as Bautista exits with injury

Robinson Cano got his 200th career home run among his four hits and drove in four runs, Chris Stewart hit a go-ahead three-run drive, and the Yankees rallied to hand the Toronto Blue Jays their record 10th straight loss in New York, 8-4 Tuesday in the opener of a split doubleheader.

The Yankees won for the seventh time in 10 games but are still six games out of an AL wild card.

Toronto slugger Jose Bautista was removed from the team's seventh straight loss to the Yankees before the bottom of the fourth inning because of soreness in his left hip.

"His hip flared up on him," Blue Jays manager John Gibbons said. Bautista did not return for the second game.

The Blue Jays last lost seven in a row to New York in 1999. THE ASSOCIATED PRESS

From scrimmage to scrum. Former Leafs GM Burke joins Rugby Canada board

It's a sport Brian Burke loves, and one that he is happy to follow closely whenever he gets the chance.

Rugby, not just hockey, has been in Burke's heart for decades. He's played it, watched it and will now take part in directing it as well.

Rugby Canada announced Tuesday that Burke is joining its board of directors, giving the former NHL executive a chance to get involved in what he calls his "second favourite sport."

Brian Burke GETTY IMAGES FILE

"I'm really excited about it," said Burke. "I think it's a great sport and I think the future of rugby in Canada is very bright."

The former general manager of the Toronto Maple Leafs first played rugby following a brief playing career in hockey. When he was a 23-year-old law student, Burke said he noticed the Harvard Business School Rugby Football Club practising near where he lived and asked if he could join.

"I never played before, never watched before. My older brother played a little bit but I wasn't familiar with the sport," he said. "But I learned to love it. I played for two years after I graduated even though I was practising law."

THE CANADIAN PRESS

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	74	53	.583	—
Tampa Bay	71	52	.577	1
Baltimore	67	57	.540	5½
New York	65	59	.524	7½
Toronto	57	68	.456	16

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	51	.589	—
Cleveland	67	58	.536	6½
Kansas City	64	59	.520	8½
Minnesota	54	69	.439	18½
Chicago	49	74	.398	23½

WEST DIVISION

	W	L	Pct	GB
Texas	72	53	.576	—
Oakland	71	53	.573	½
Seattle	57	67	.460	14½
Los Angeles	55	69	.444	16½
Houston	41	83	.331	30½

Tuesday's results
N.Y. Yankees 8 Toronto 4 (gm. 1)
Tampa Bay at Baltimore
Toronto at N.Y. Yankees (gm. 2)
Minnesota at Detroit
Houston at Texas
Chicago White Sox at Kansas City
Cleveland at L.A. Angels
Seattle at Oakland
Monday's results
N.Y. Mets 6 Minnesota 1
Tampa Bay 4 Baltimore 3
Texas 16 Houston 5
Cleveland 5 L.A. Angels 2
Oakland 2 Seattle 1
Wednesday's games — All times Eastern
Seattle (Iwakuma 11-6) at Oakland (Griffin 10-8), 3:35 p.m.
Cleveland (Masterson 13-9) at L.A. Angels (Williams 5-9), 7:05 p.m.
Tampa Bay (Hellickson 10-6) at Baltimore (Chen 6-6), 7:05 p.m.
Toronto (Dickey 9-11) at N.Y. Yankees (Pettitte 8-9), 7:05 p.m.
Minnesota (Correia 8-9) at Detroit (Sanchez 11-7), 7:08 p.m.
Houston (Bedard 3-9) at Texas (Holland 9-6), 8:05 p.m.
Chicago White Sox (Rienzo 0-0) at Kansas City (Guthrie 12-9), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	76	48	.613	—
Washington	60	64	.484	16
New York	57	66	.463	18½
Philadelphia	55	69	.444	21
Miami	48	75	.390	27½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	73	51	.589	—
St. Louis	72	52	.581	1
Cincinnati	71	54	.568	2½
Chicago	54	70	.435	19
Milwaukee	54	71	.432	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	72	52	.581	—
Arizona	64	59	.520	7½
Colorado	58	68	.460	15
San Diego	56	69	.448	16½
San Francisco	55	69	.444	17

Tuesday's results
Colorado at Philadelphia
Arizona at Cincinnati
L.A. Dodgers at Miami
Atlanta at N.Y. Mets
Washington at Chicago Cubs
St. Louis at Milwaukee
Pittsburgh at San Diego
Boston at San Francisco
Monday's results
Philadelphia 5 Colorado 4
Cincinnati 5 Arizona 3
Miami 6 L.A. Dodgers 2
Chicago Cubs 11 Washington 1
St. Louis 8 Milwaukee 5
Pittsburgh 3 San Diego 1
Boston 7 San Francisco 0
Wednesday's games — All times Eastern
Atlanta (Wood 2-2) at N.Y. Mets (Niese 5-6), 1:10 p.m.
St. Louis (Westbrook 7-8) at Milwaukee (Gorzelanny 3-4), 2:10 p.m.
Boston (Doubront 8-6) at San Francisco (Zito 4-8), 3:45 p.m.
Pittsburgh (Cole 6-5) at San Diego (Kennedy 4-9), 6:40 p.m.
Colorado (Nicasio 7-6) at Philadelphia (Lee 10-6), 7:05 p.m.
Arizona (McCarthy 2-7) at Cincinnati (Leake 10-5), 7:10 p.m.
L.A. Dodgers (Greinke 11-3) at Miami (Eovaldi 2-3), 7:10 p.m.
Washington (Ohlendorf 2-0) at Chicago Cubs (Arrieta 1-0), 8:05 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	8	6	36	25	39
New York	11	8	6	36	31	39
Montreal	11	7	5	36	35	38
Philadelphia	10	7	8	36	32	38
Houston	10	7	6	29	23	36
New England	9	9	6	29	23	33
Chicago	9	10	4	29	34	31
Columbus	8	11	5	29	30	29
Toronto FC	4	12	8	21	33	20
D.C. United	3	17	4	14	40	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	12	8	5	41	30	41
Colorado	10	7	9	33	27	39
Portland	9	3	11	34	22	38
Los Angeles	11	9	4	39	32	37
Vancouver	10	8	6	36	32	36
Seattle	10	8	4	30	26	34
San Jose	9	10	6	26	35	33
FC Dallas	8	7	9	31	35	33
Chivas USA	4	13	6	20	40	18

Wednesday's games — All Times Eastern
FC Dallas at Chivas USA, 10:30 p.m.
Real Salt Lake at Portland, 11 p.m.
Friday's game
Kansas City at Chicago, 8:30 p.m.
Saturday's games
Houston at Montreal, 7 p.m.
Toronto FC at D.C. United, 7 p.m.
Los Angeles at Vancouver, 9 p.m.
San Jose at FC Dallas, 9 p.m.
Columbus at Real Salt Lake, 9:30 p.m.

CFL

WEEK 9

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	7	5	2	0	230	174	10
Hamilton	7	3	4	0	166	205	6
Montreal	7	2	5	0	156	201	4
Winnipeg	7	1	6	0	153	210	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	7	6	1	0	234	150	12
Calgary	7	5	2	0	226	186	10
B.C.	7	5	2	0	169	164	10
Edmonton	7	1	6	0	161	205	2

Thursday's game — All Times Eastern
B.C. at Montreal, 7:30 p.m.
Friday's game
Calgary at Toronto, 7:30 p.m.
Saturday's games
Winnipeg at Hamilton, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.

2014 Nissan Versa Note

- **Type.** Four-door, front-wheel-drive sub-compact wagon
- **Engines (hp).** 1.6-litre DOHC I4 (109)
- **Transmissions.** Five-speed manual; continuously variable (opt.)
- **Base price (incl. destination)** $15,000

Under the hood.

Storage

There are all sorts of storage spots for drinks, while an optional adjustable-height load floor called "Hide-N-Divide" can be raised to match the height of the rear seats when they're folded flat, all the while creating a hidden storage spot below.

Fuel Economy

Fuel economy is usually a major consideration for buyers in this class and the Note's 109-horsepower 1.6-litre engine comes through with an estimated consumption rating of 6.1 l/100 km in the city and 4.8 on the highway.

Design

Virtually all of the shrinkage occurs ahead of the front wheels where the aerodynamic nose slopes downward in a way that's reminiscent of the Honda Fit. The front end is finished off with a stylish grille and an attractive pair of "boomerang" headlights.

2014 Nissan Versa Note

Review. Smaller usually isn't better, but Nissan was clever in the redesign of the Versa hatchback

MALCOLM GUNN
wheelbasemedia.com

ALL PHOTOS WHEELBASEMEDIA.COM

It just seems right that a test drive of the Nissan Versa Note takes place in Montreal.

In a region where fuel costs are among the highest in Canada — somewhere around $1.50 a litre — small cars abound, especially those that are specifically shaped to maximize passenger and cargo space.

The original Versa wagon — a 2007-model-year arrival — excelled on both counts. Paradoxically, its replacement, called the Versa Note, expands on that theme by actually shrinking in size, although not where it really counts.

Nissan's designers shortened the Versa hatchback's overall length by more than 15 centimetres (it's 33 centimetres shorter than the sedan) without reducing the distance between the front and rear wheels or the interior volume, which has actually increased slightly.

Curtailing the size contributes to a new car that's about 135 kilograms lighter than the retired 1,230-kilogram wagon.

That's significant for any vehicle, but for the Note, it's nothing short of massive. The remaining bodywork is similarly appealing and makes the original Versa seem frumpy by comparison.

Both Versa sedan and Note wagon lead their respective entry-level categories in cabin space, but the Note's clever interior packaging gives it a clear advantage.

There's also the expected and expansive degree of head and legroom, along with comfortable, supportive seats that put some other entry-point cars to shame.

Like the sedan, the dash and door panels are on the plasticky side, but the fit and finish is generally solid and doesn't seem out of place on a vehicle that emphasizes a low base price.

Fuel-economy wise, the Note rates at 6.1 l/100 km in the city and 4.8 on the highway. Those numbers best the previous wagon's 7.2/5.7 numbers by a wide margin.

The CVT is unique in that it also has an auxiliary fixed-ratio gear. It functions at lower speeds to keep the engine from annoyingly buzzing at high revs while the car speeds up, which is a major CVT drawback.

Helping out fuel economy are grille shutters that automatically close at highway speeds and reduce aerodynamic drag by keeping air out of the engine compartment, thereby reducing the parachute effect.

Trim levels begin with the $15,000 1.6 S that, except for heated outside mirrors, is pretty plain.

The SV adds air conditioning, upgraded seats, hands-free Bluetooth wireless connectivity and other niceties, while the SL comes with heated front seats, push-button start and Nissan's "Around View Monitor" that shows a 360-degree depiction of the vehicle in relation to its surroundings.

The monitor might be useful for some, but it's not crucial for the neatly sized Nissan Note that's already a breeze to park and also places frugality and affordability high on its agenda, regardless of where you live.

The interior is simple, clever and spacey.

Compare

1 Honda Fit
Base price: $16,100

2 Chevrolet Sonic
Base price: $15,650

3 Hyundai Accent
Base price: $15,300

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CASH INCENTIVES ON OTHER SELECT 2013 HONDA MODELS. MAXIMUM CASH INCENTIVE AVAILABLE ONLY ON 2013 PILOT MODELS.

HONDA

∞No purchase necessary. Closes September 3, 2013 (10 p.m. ET). Open to Ontario residents (18+). Enter when you purchase, lease or finance a new previously unregistered 2013 Honda Civic from an Ontario Honda Dealer by September 3, 2013. Four prizes (one per week) available – each consisting of a cheque in the amount of the selling price (inclusive of applicable fees and taxes) of the eligible vehicle. Example: if a winner purchased, leased or financed a 2013 Civic DX Sedan 5MT [model FB2E2DEX], then his/her prize will consist of a cheque in the amount of $19,176 (calculated as $15,440 MSRP, plus applicable EHF tires [$29], EHF filters [$1], A/C levy [$100 except Civic DX], OMVIC fee [$5] and $2,206 taxes). Skill-testing question required. Non-winning eligible entries automatically carry forward to subsequent draws. Odds depend on number of eligible entries. Full rules (including no purchase entry details) at HondaOntario.com. ΩLimited time lease offers available through Honda Financial Services Inc., on approved credit. Representative bi-weekly lease example: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) on a 60 month term with 130 bi-weekly payments at 1.99% lease APR. The bi-weekly payment is $87.61 [includes $1,495 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic DX), OMVIC fee ($5) and optional accessories (all season floor mats with a retail value of $165.38)] with $0 down payment or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,389.11. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. ‡Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. †Limited time purchase finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) on an 84 month term with 182 bi-weekly payments at 1.99% APR, $1,600 Finance incentive and $431 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to Finance contracts through HFS. Finance incentive and individual dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970 [includes $1,495 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration]. Cost of borrowing is $1,077.28 for a total finance obligation of $16,016.28. $0 down payment required based on approved credit from Honda Financial Services Inc. µLimited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-Z // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is $481.93 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,566.32. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. ^Receive 0.99% purchase financing on any new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-Z // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 36 // 48 // 24 // 24 // 48 months available through Honda Financial Services Inc., on approved credit. Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $590.20. Cost of borrowing is $564.60 for a total finance obligation of $28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. ◆$1,000 // $1,500 // $2,000 // $1,500 // $3,500 // $2,000 // $2,500 // $4,000 // $5,000 // $3,000 customer cash incentive is valid on any new 2013 Honda Fit (except DX, model GE8G2DEX) // 2013 Honda Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Accord Coupe // 2013 Honda Accord Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Honda Crosstour EX 2WD and EX-L 2WD (models TF3H3DJ, TF3H5DJNX) // 2013 Honda Crosstour EX-L 4WD and EX-L 4WD NAVI (models TF2H5DJNX, TF2H5DKNX) // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Odyssey // 2013 Honda Pilot // 2013 Honda Ridgeline models when registered and delivered between August 1st and September 3rd, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.

Horoscopes

♈ Aries
March 21 - April 20
The more others say nice things about you today, the more suspicious you will be — and with good reason. The full moon warns you would be wise to trust no one except for yourself, of course.

♉ Taurus
April 21 - May 21
Try to be reasonable with people today, even when almost everyone you meet is unreasonable with you. It's simply not worth the hassle getting upset about things everyone will have forgotten about come tomorrow.

♊ Gemini
May 22 - June 21
Changes may be good for you but that does not mean you must change things for the sake of it. Sometimes even a Gemini has to sit back and wait for events to unfold.

♋ Cancer
June 22 - July 23
Make an effort to put your feelings into words over the next 24 hours because someone close needs to know you still care for them. With luck, they will respond by reassuring you of their love too.

♌ Leo
July 24 - Aug. 23
You may not enjoy what you have to do today but it will be easier to handle if you approach it in the right frame of mind. Enthusiasm and attitude are everything.

♍ Virgo
Aug. 24 - Sept. 23
Why do you feel so stressed? Almost certainly it is the influence of the full moon but the good news is that tomorrow you will be fine.

♎ Libra
Sept. 24 - Oct. 23
Try not to worry yourself about little things today. For some reason, you are in one of those strange moods when minor events that go wrong annoy you more than major events that go right please you.

♏ Scorpio
Oct. 24 - Nov. 22
You could find yourself bouncing back and forth between one extreme and the other. For that reason, you are advised not to make any major decisions. You'll only change them tomorrow.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to believe that you have left something undone, something that may get you into trouble. Maybe you have and maybe it will, but is it really worth wasting the day fretting about? Forget about it.

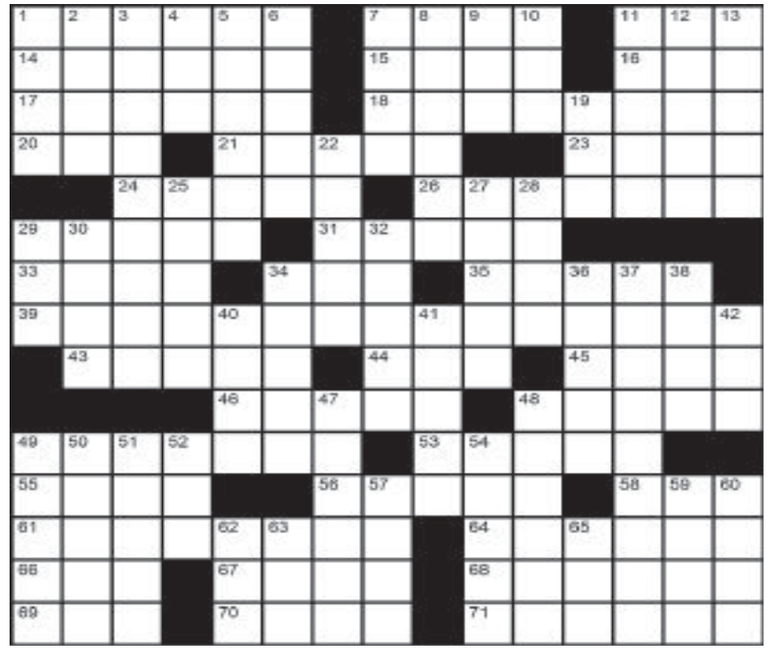
♑ Capricorn
Dec. 22 - Jan. 20
Although you are generally good with money, you will be tempted to do something outrageously risky today. Leave your credit cards at home and carry a small amount of cash.

♒ Aquarius
Jan. 21 - Feb. 19
You will be more emotional than usual over the next 24 hours. If you find yourself screaming at people you usually get along with, don't worry about it. You can always apologize tomorrow.

♓ Pisces
Feb. 20 - March 20
Old ways are often best. Don't give up on existing methods and routines, at least not until you are certain you have found something better to replace them with. SALLY BROMPTON

Crossword: Canada Across and Down

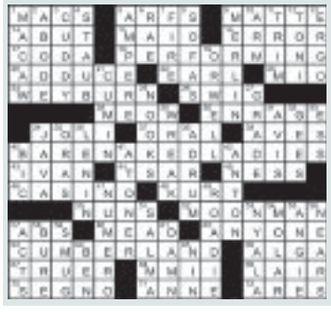
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Baroque painter, b.1577 - d.1640
7. Shrek's species
11. Tragically Hip's "Fifty-Mission __"
14. 2002 Atom Egoyan film
15. Actress, Soleil Moon __
16. "Giddy up!"
17. Upper House of Parliament
18. Canadian dairy products brand
20. Stenographer's need
21. Swiftness
23. Emerald __
24. Weighing apparatus
26. Roller __
29. Composer, George M. __
31. Has _ __ streak (Is nasty)
33. Lucy Liu's 'Kill Bill' role, _-__ Ishii
34. Edgar Allan __
35. Mouthwash brand
39. At-a-distance countryside activity: 2 wds.
43. Get there by air: 2 wds.
44. Lively parties
45. Ravel's "Ma Mere _'__" (Mother Goose)
46. __ _ _ _ added (Restaurant declaration)
48. Actress Ms. Rowlands, and others
49. Singer Gwen
53. Join
55. At the drop of _ __ (Fast)
56. Be reluctant
58. Montreal summer venue
61. Disappoints: 2 wds.
64. __ wheel
66. Floral necklace
67. "_ __ a wonderful time."
68. Spa staples
69. Tel. line in the office
70. Mr. Orbison's
71. Could be tomorrow or...: 2 wds.

Down
1. Grate
2. Stuff in fertilizer
3. Concert-in-a-park
4. Prohibition __
5. Toronto's __ Phillips Square
6. Rob
7. "The Pride __ __. Louis" (1952)
8. Athens locale
9. Shag rug kind
10. Tube-shaped fish
11. Treasures-storing box
12. Grocery store clean up spot
13. Mr. Fonda
19. Poetic contraction
22. Al Pacino/Ellen Barkin movie, "__ __ Love" (1989)
25. Cotton __
27. "Champagne Supernova" band
28. 'Resist' suffix
29. Farm animal
30. "..._ __ all else fails..."
32. Fitting rewards, archaically
34. Attach, as a brooch: 2 wds.
36. Baby barn bird
37. Was a trail blazer
38. "Orinoco Flow" singer
40. Filmmaker Ms. Wertmuller
41. Madonna hit
42. Some stoves
47. Fairgrounds section
48. Book of Judges judge
49. Room: French
50. Canadian National Exhibition, aka __ __ (Toronto's annual summer fair)
51. 'Weird Al' Yankovic spoof hit: 2 wds.
52. Alberta's McMurray, et al.
54. Can.-US-Mex. pact
57. Boxing periods, for short
59. Ms. Tequila
60. Swedish actress Ms. Persson
62. Steven Spielberg, e.g.
63. "Wow!"
65. 'R' in CPR, for short (Choo, choo...)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		8		4	3		
	2			1	5			
		6					5	
		8			1			7
2								4
9			5			2		
	7					9		
			6	9			3	
		9	3		8		6	

Yesterday's Sudoku

7	4	8	1	6	3	2	5	9
6	3	2	9	5	8	7	4	1
1	9	5	4	2	7	8	6	3
4	7	1	2	8	6	9	3	5
9	2	3	5	7	1	4	8	6
8	5	6	3	9	4	1	7	2
3	1	7	6	4	9	5	2	8
5	6	4	8	1	2	3	9	7
2	8	9	7	3	5	6	1	4

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New

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Meet the new
Dramatically Different Moisturizing Lotion+

Moisture stays in. Skin feels soft. Has a healthy glow.

With a new complex, our formula now strengthens skin's own moisture barrier by 54%. The same: that clean, silky texture that disappears into skin. Making this the best time to meet our entire 3-Step System for great, glowing skin.

Try it for FREE*. Now.

Right now get a 10-day supply of your skin-typed formula, free with Consultation. And ask how our 3-Step System of clean, exfoliate, moisturize can make your skin great skin.

*One to a client, please. While supplies last.

Sears

CLINIQUE

Allergy Tested. 100% Fragrance Free.

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